

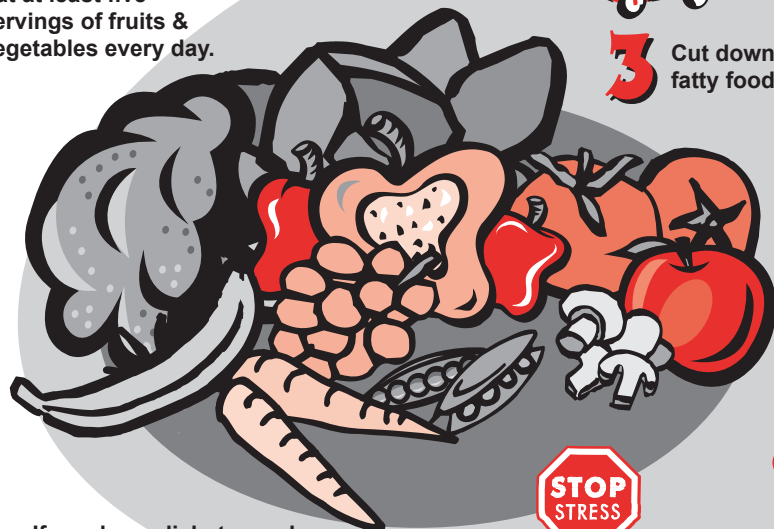
# Because we care...here are 10 things you can do to improve your heart health.

**1** Eat at least five servings of fruits & vegetables every day.

**2** Get at least 30 minutes of moderate physical activity such as walking, lawn mowing, raking or sweeping, every day.



**3** Cut down on fatty foods.



**9** Examine your stress level and lower it.

**4**

Lose weight if you are over your recommended weight for your height and build.

**5**

If you don't smoke, don't start. If you smoke, get help to quit.



**6**

Avoid second hand smoke whenever possible.

**7**

Have your blood pressure checked regularly by a health care professional.

**8**

Have your cholesterol checked regularly by a health care professional.

**10**

If you have diabetes, ask a health care provider how you can manage your disease.

Visit our Web site:  
<http://www.scdhec.gov/cvh>

# Because we care...here are 10 things you can do to improve the heart health of your community.

**1** Help arrange a food co-op in your community.



**10** Organize a diabetes foot check within your local faith community.

**2** Ask your local school to open the gym or sports fields after-hours for the community to use for physical activity.



**4** Encourage employers to allow break time for physical activity during the work day.

**5** Request that insurance companies pay for services to quit smoking.

**3** Ask your favorite restaurants to mark low fat food on menus.



**6** Ask local businesses you frequent to go smoke-free.

**7** Help sponsor a blood pressure check event in your local area.

**8** Help arrange a cholesterol check event in your local area.

**9** Help promote stress relief activities such as walking and meditation.



\*Information and graphics adapted from NC Department of Health and Human Services, Division of Public Health materials

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SC Department of Health and Environmental Control,  
Division of Cardiovascular Health

♥ The Heart of South Carolina ♥